

February 5, 2023

GREATNESS OF HEART

Nurturing Faith and Spirituality at Home

In stories and teaching that turn our world view upside down, we glimpse a re-imagined realm and, together and apart, we reflect on our call as individuals and as a community.



The Season after the Epiphany begins with words of affirmation, “You are my beloved.” We hear echoes of that blessing in the weeks that follow, in the beginnings of discipleship and the ways that we are invited to see ourselves.

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This week, we are named by Jesus as salt and light and ponder ways to extend the reach of God’s realm.

Seasoning and Colouring the World

Read [Matthew 5:13–20](#) or **listen** to the audio story “[Just Like Salt](#),” or gather around as someone tells the story “[God’s Dream](#)” – Part 2” in this week’s Exploring Our Faith.

The gospel of Matthew contains a collection of teachings from Jesus known as the Sermon on the Mount.

Jesus taught that we are filled with God’s love and goodness. Love is like a light within us that shines wherever we show love to ourselves and others. Goodness is like salt that adds flavour to food. When we live in ways that are just, kind, and fair, it makes the world a better place. Jesus’ teaching encouraged Matthew’s community to live the love and goodness within them even when it wasn’t easy.

You *are* the salt of the earth. You *are* the light of the world. Disciples of Jesus flavour and light up the world. We are created to be creative in how we share God’s love with the world.

- **Think of someone you would characterize as being salt and light to the world. What one thing might you do this week to emulate them?**

Sing, dance, and lift your spirits with Bruce Springsteen and The Sessions Band as they perform “[This Little Light of Mine](#).”

Create, Decorate, Shine

Suncatcher

Follow the directions in this week’s Exploring Our Faith and **create** a [suncatcher](#) as a reminder that God’s light and love shine in you.

Activity sheet

Copy this week’s [activity sheet](#) and **decorate** the candle drawing.

Shine your light Together look at these [quotes](#) about letting your light shine. Copy your favourite quote onto a sheet of paper, in your journal, or a blank canvas frame. Decorate and display.



During the Week

Prayer space

Create a prayer space of salt and light in your home. You might fill a bowl with salt and surround it with tealights in small jars. Or you might place a candle in a jar filled with salt. Place your salt and light on a piece of vibrant cloth or a placemat. During the week, spend time thinking about how God's love has been revealed in your life and how you can share that love with the world. You might bring a journal to the prayer space and reflect on these questions:

- **What do the words "salt and light" mean to me today?**
- **How or in whom is God revealing God's presence in my life?**
- **Where do I see opportunities to show God's love to the world?**

Read "[Where the Light Comes Through](#)" and reflect on the questions.

Prayer

Say together,

May we see God's goodness
within ourselves and others
and shine out with God's love.
Amen.

Listen to the song "Be God's" (MP3 available [here](#) for purchase and download).

Visit [Lecture Connection](#) for current events that connect with this week's scriptures.

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